

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 03013, Babyfood, meat, chicken, junior

Report Date: October 24, 2015 17:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 oz 28.35g	1 jar 71g	1 jar Gerber Third Foods (2.5 oz) 71g	1 jar Heinz Junior-3 (2.5 oz) 71g
Proximates									
Water	g	76.00	22	0.500	11.40	21.55	53.96	53.96	53.96
Energy	kcal	146	--	--	22	41	104	104	104
Energy	kJ	612	--	--	92	174	435	435	435
Protein	g	14.00	--	--	2.10	3.97	9.94	9.94	9.94
Total lipid (fat)	g	9.60	19	0.400	1.44	2.72	6.82	6.82	6.82
Ash	g	0.49	--	--	0.07	0.14	0.35	0.35	0.35
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Minerals									
Calcium, Ca	mg	55	19	4.000	8	16	39	39	39
Iron, Fe	mg	0.99	20	0.040	0.15	0.28	0.70	0.70	0.70
Magnesium, Mg	mg	11	1	--	2	3	8	8	8
Phosphorus, P	mg	90	1	--	14	26	64	64	64
Potassium, K	mg	122	14	--	18	35	87	87	87
Sodium, Na	mg	49	--	--	7	14	35	35	35
Zinc, Zn	mg	1.01	4	0.085	0.15	0.29	0.72	0.72	0.72
Copper, Cu	mg	0.045	3	0.006	0.007	0.013	0.032	0.032	0.032
Selenium, Se	µg	10.3	6	0.817	1.5	2.9	7.3	7.3	7.3
Vitamins									
Vitamin C, total ascorbic acid	mg	1.5	19	0.100	0.2	0.4	1.1	1.1	1.1
Thiamin	mg	0.014	22	0.000	0.002	0.004	0.010	0.010	0.010
Riboflavin	mg	0.163	19	0.000	0.024	0.046	0.116	0.116	0.116

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Niacin	mg	3.420	19	0.070	0.513	0.970	2.428	2.428	2.428
Pantothenic acid	mg	0.726	--	--	0.109	0.206	0.515	0.515	0.515
Vitamin B-6	mg	0.188	4	0.024	0.028	0.053	0.133	0.133	0.133
Folate, total	μg	11	--	--	2	3	8	8	8
Folic acid	μg	0	--	--	0	0	0	0	0
Folate, food	μg	11	--	--	2	3	8	8	8
Folate, DFE	μg	11	--	--	2	3	8	8	8
Choline, total ¹	mg	43.2	11	1.893	6.5	12.2	30.7	30.7	30.7
Betaine ¹	mg	11.6	11	0.437	1.7	3.3	8.2	8.2	8.2
Vitamin B-12	μg	0.40	--	--	0.06	0.11	0.28	0.28	0.28
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	μg	11	--	--	2	3	8	8	8
Retinol	μg	11	--	--	2	3	8	8	8
Carotene, beta	μg	0	--	--	0	0	0	0	0
Carotene, alpha	μg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	μg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	40	--	--	6	11	28	28	28
Lycopene	μg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	μg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	0.06	0.11	0.28	0.28	0.28
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	μg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	2	--	--	0	1	1	1	1
Vitamin K (phylloquinone)	μg	1.7	--	--	0.3	0.5	1.2	1.2	1.2
Lipids									
Fatty acids, total saturated	g	2.470	1	--	0.371	0.700	1.754	1.754	1.754
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
14:0	g	0.070	1	--	0.010	0.020	0.050	0.050	0.050

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16:0	g	1.800	1	--	0.270	0.510	1.278	1.278	1.278
18:0	g	0.500	1	--	0.075	0.142	0.355	0.355	0.355
Fatty acids, total monounsaturated	g	4.330	1	--	0.650	1.228	3.074	3.074	3.074
16:1 undifferentiated	g	0.350	1	--	0.052	0.099	0.248	0.248	0.248
18:1 undifferentiated	g	3.950	1	--	0.592	1.120	2.804	2.804	2.804
20:1	g	0.020	1	--	0.003	0.006	0.014	0.014	0.014
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	2.330	1	--	0.350	0.661	1.654	1.654	1.654
18:2 undifferentiated	g	2.250	1	--	0.338	0.638	1.598	1.598	1.598
18:3 undifferentiated	g	0.050	1	--	0.008	0.014	0.036	0.036	0.036
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.040	1	--	0.006	0.011	0.028	0.028	0.028
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	59	--	--	9	17	42	42	42
Amino Acids									
Tryptophan	g	0.167	--	--	0.025	0.047	0.119	0.119	0.119
Threonine	g	0.660	--	--	0.099	0.187	0.469	0.469	0.469
Isoleucine	g	0.693	--	--	0.104	0.196	0.492	0.492	0.492
Leucine	g	1.136	--	--	0.170	0.322	0.807	0.807	0.807
Lysine	g	1.228	--	--	0.184	0.348	0.872	0.872	0.872
Methionine	g	0.394	--	--	0.059	0.112	0.280	0.280	0.280
Cystine	g	0.193	--	--	0.029	0.055	0.137	0.137	0.137
Phenylalanine	g	0.599	--	--	0.090	0.170	0.425	0.425	0.425
Tyrosine	g	0.471	--	--	0.071	0.134	0.334	0.334	0.334
Valine	g	0.740	--	--	0.111	0.210	0.525	0.525	0.525
Arginine	g	1.028	--	--	0.154	0.291	0.730	0.730	0.730
Histidine	g	0.445	--	--	0.067	0.126	0.316	0.316	0.316
Alanine	g	0.936	--	--	0.140	0.265	0.665	0.665	0.665
Aspartic acid	g	1.362	--	--	0.204	0.386	0.967	0.967	0.967
Glutamic acid	g	2.128	--	--	0.319	0.603	1.511	1.511	1.511
Glycine	g	0.981	--	--	0.147	0.278	0.697	0.697	0.697

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Proline	g	0.759	--	--	0.114	0.215	0.539	0.539	0.539
Serine	g	0.535	--	--	0.080	0.152	0.380	0.380	0.380
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD